

# Among Friends



Fond du Lac Senior Center ...where friends meet!

## JANUARY 2016

Proudly serving the seniors in the Fond du Lac community for almost 50 years!



### Brown Paper Packages Gift Shop

... offering your favorite things.







A Free Monthly Publication  
Vol. 7 • No. 1

## What's Inside

Cathy's Corner.....	2
Friends Annual Meeting & Election...	3
Programs & Activities .....	4, 5
Brown Paper Packages .....	6
Programs & Activities .....	7, 8
Movie .....	9
Health & Wellness .....	10, 11
January Calendar .....	12, 13
MPTC Classes.....	14, 15
Art & Recreation .....	16
Senior Wellness Morning .....	17
Programs & Activities .....	18
Services.....	19
Happy Travelers .....	20, 21
Membership Application .....	23



## Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone ..... (920)322-3630

Email..... [cloomans@fdl.wi.gov](mailto:cloomans@fdl.wi.gov)

Hours ..... M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.*

*Friends bylaws available at the Center.*

*Visit us online at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)*

## Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Part of me always looks forward to January. As much as I love the hustle and bustle of November and December, there is something to be said for settling back into a routine and making plans for the year that lies ahead. I've never been a big one for making a New Year's resolution. The few times I have done it, I've never been very successful at keeping it going. I don't feel too bad about that because studies show that only 8% of people keep their resolution for a year – and 32% have broken them by the end of January! Some theories say that this happens because it takes 66 days to form a new habit. Some habits may be easier to form than others, drinking one extra glass of water a day for example is easier for most people to accomplish than going to the gym for an hour each day.



Rather than making a resolution, I like to start each year by setting a few goals. Is there a difference? I think so. To me, a resolution is rigid, something like "I am going to work out every day" or "I am going to stop eating junk food". There isn't a lot of wiggle room, and if you eat a candy bar or a bag of Cheetos, it can make you feel a sense of failure which then causes many people to just give up.

I believe that a goal is more fluid, something like "I will exercise more during 2016" or "I will work at eating more fruits and vegetables" or even "I will try to do something that I enjoy more frequently". These set a vision for something that you hope to accomplish, yet they don't set the bar so high that if one day you veer off course, there is no hope of being successful. You can always get back on the path to accomplishing your goal.

It also seems like a new year gives me a clean slate to work with and having goals gives me the motivation to get up and get busy each day. As we move through 2016, I will share some of our goals for the Center with you. Our biggest goal is that we will work hard to provide opportunities that enhance the lives of our "Friends" and Center participants.

For now, I wish you the happiest of New Years. Edith Pierce, a 20<sup>th</sup> Century poet, wrote "We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day".

I look forward to writing chapter 2016 with you all here at the Center.

- Cathy

## Friends Annual Meeting and Board Election

Thursday, January 21; 2:00 p.m.

The Friends Annual Meeting will be held at the Senior Center on Thursday, January 21 from 2:00—3:00 p.m. Voting to fill 3 vacancies will take place at this meeting (or ballots will be available at the front desk from January 11-20 if you cannot attend the meeting). Friends members are encouraged to attend to find out what's happening with the Friends organization.

- \* Senior center updates
- \* Annual report
- \* Elections

If you plan on attending, please register by calling 322-3630 before Tuesday, January 19.



*Thank you to our 2015  
Friends Board!*

### Newsletter Crew


Editor..... Cathy Loomans  
Coordinator.....Joan Brezinsky  
Mail Crew.....20+ volunteers!

### Newsletter Deadline

The deadline to submit something for the February *Among Friends* newsletter is Wednesday, January 6, 2016. Please submit information to Joan Brezinsky.

### Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10–9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his  *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

*Sponsored by Smith & Hatch Insurance.*

# Programs & Activities

## Interested in playing **SHEEPSHEAD** for fun?

We would like to form a recreational Sheepshead group at the Center.

If interested, join us Friday, January 8 at 1 p.m.



## Thank you Lake View Place

for sponsoring our Veteran's Day Pancake Breakfast. Nearly 100 people joined us for breakfast. Your pancakes and sausages were hot and delicious!



Lake View Place



## Coffee & Conversation

First Friday of every month

Friday, February 5

8:00—9:00 a.m.

*(No Coffee & Conversation in January due to New Years Day holiday)*

Join your friends at the Senior Center the first Friday of every month from 8-9 a.m. for coffee, donuts and good conversation.

## BAGELS WITH BEN

Tuesday, February 9

9:00-10:00 a.m.

Ben Baertschy, Financial Advisor with Edward Jones Investments, will give a market update and discuss investing strategies on Tuesday, February 9, at 9 a.m. Stop by the Senior Center for this informational presentation. Bagels from The Bagelmeister. Free to attend. Call 322-3630 to register.

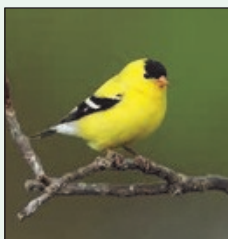


## The Green Thumb Garden Club presents Backyard Bird Count

Thursday, January 28

1:00—3:30 p.m.

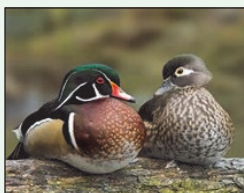
Dr. Amy Sheldon,  
President of the Fond du Lac Audubon Society



Dr. Sheldon will give a presentation on a five-year project on the compilation of data for Wisconsin's second breeding bird atlas. This project involves volunteers looking for evidence that a species of bird might be breeding in their assigned block. This information is then compiled for scientists to evaluate. Dr. Sheldon will tell us about the birds that she observed in her assigned block which included wood ducks, sandhill cranes, blue jays, robins, bluebirds, meadowlarks, and goldfinches. She will also discuss the species breeding specifics.

Refreshments will be served.

Call 322-3630 to register by Thursday, January 21.



## Make a resolution to RENEW YOUR MEMBERSHIP!

Happy  
New Year  
★2016

*We couldn't provide the programs, classes, services, clubs and presentations without your help.*

A renewal form is included on page 23 of this newsletter. The cost to join is \$10 for an individual and \$15 for a couple with same address. For those that can give more to support the Center, please consider a Utility Donation or become a Fabulous or Fantastic Friend. Business memberships are also available at a variety of levels.

Not sure if you've already renewed for 2016? Look for your renewal date on the mailing label of this newsletter. If it says "**MEMBERSHIP EXPIRATION DATE 12/31/15**", you have not renewed. If it says "**MEMBERSHIP EXPIRATION DATE 12/31/16**", you're all set for another year. If you've renewed, why not share the membership form on page 23 with one of YOUR friends who is NOT one of OUR Friends...yet? After all, we can never have enough Friends.





## Artist of the Month

January: Barbara Braatz

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

## FREE TAX ASSISTANCE

**Call beginning  
Monday, January 25  
to schedule an appointment**



The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on **T u e s d a y s ,** **W e d n e s d a y s ,** &

Thursdays from 8:30 a.m. until 4:30 p.m. Appointments will be available from Tuesday, February 2 through Wednesday, April 13.

**We will start scheduling appointments on Monday, January 25.** To make an appointment, please call the Senior Center at 322-3630 on or after that date.

The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance, and free e-filing, to low-to-moderate income taxpayers - with emphasis on those over 60.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the TCE program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

**Call 322-3630 for your appointment beginning Monday, January 25**

Senior Outreach invites you to help decorate our

## HEART TREE

*with delicate spun glass  
heart ornaments*

**\$3.00 donation**



The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, FDL Area Foundation and Friends of the FDL Senior Center. The program's mission is to reduce loneliness and isolation through friendships with trained volunteers, and provide education on available resources when needed.

Open your heart to the Senior Outreach Program and donate \$3 for a spun glass ornament in memory of a deceased loved one or in honor of a special person in



your life who is still living. Each ornament is a donation to the program. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life. **The deadline to**

**dedicate ornaments for the tree is Thursday, February 4.** The cherry blossom tree will be displayed at the Senior Center in the main activity room after the holidays until the heart tree dedication on Thursday, February 11, 2016 at 2:00 p.m.

### HEART TREE ORDER FORM

**~ PLEASE PRINT ALL NAMES CLEARLY ~**

Please put a heart on the HEART TREE in memory of (Deceased) :

\_\_\_\_\_

Please put a heart on the HEART TREE in honor of (Living) :

\_\_\_\_\_

**\$3.00 EACH NAME Total Enclosed** \_\_\_\_\_

(Make check payable to: Friends of the Fond du Lac Senior Center)

**DONATED BY:**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

# Brown Paper Packages Gift Shop

... offering your favorite things.



## Brown Paper Packages Gift Shop is now open!

Visit our warm, inviting gift shop and browse our selection of unique items for you and your home. Many of our products are from local consignors. Come find the perfect gift or something for yourself. You're sure to find a "few of your favorite things"!

Here's a sampling of what's in store for you:

- Coffee, wine, and cheese and other kitchen accessories
- Chocolates by Confections for Any Occasion, honey, nuts and Faris popcorn
- Hats, scarves, mittens, jewelry, clothing and accessories
- Baby and toddler toys
- Candles, soaps, lotions, and greeting cards
- Home décor including wall hangings, picture frames, and floral arrangements
- Garden accessories including bird houses and feeders, garden art
- and so much more!



Monday–Friday 10 a.m.–2 p.m.

Thursday 4–7 p.m.

3rd Saturday of each month 10 a.m.–2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935  
(920) 322-3637

*Open to the public—*

*Located inside the*

*Fond du Lac Senior Center*





## Friends Board of Directors Meet and Greet

Thursday, January 7  
1:00 p.m.



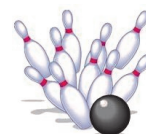
Come meet the candidates for our 2016-2019 Friends Board of Directors on Thursday, January 7 at 1:00 p.m.

We will be voting to fill 3 vacancies at the Friends Annual Meeting which will be held on Thursday, January 21 from 2:00–3:00 p.m. If you are unable to attend the Annual Meeting on January 21, ballots will be available at the front desk January 11-20.

Please take the time to get to know the Friends Board candidates and vote. Your vote matters!



Congrats  
Robert Patt



on your perfect  
300 Wii Bowling game!



Need help with your  
smartphone, Kindle,  
tablet, etc.?

Introducing  
**TECH TYME!**

Thursdays, 1:00–3:00 p.m.

Moraine Park Technical College IT Club members are volunteering their time to provide 1-on-1 technology support at the Senior Center. If you have questions on how to use your smartphone, Kindle, tablet, etc., stop in anytime between 1:00-3:00 p.m. on Thursdays.



Friends of the Fond du Lac Senior Center



## DINE OUT COUPON BOOK

Discounts on dining all year long!

*Purchase in Brown Paper Packages Gift Shop—Cost: \$7*

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry

*Thanks to these local restaurants and businesses for their participation in this year's coupon book:*

▪ A&W Drive-In (2) ▪ Ala Roma Italian Pizzeria & Pub ▪ Ang N Eddies ▪ Backyard Grill & Bar ▪ Bagelmeister ▪ Benvenuto's ▪ Blanck's Supper Club—Johnsburg ▪ Blanck's Lake Aire Supper Club ▪ Boda's (2) ▪ Capone's ▪ Casa del Tequila ▪ Coliseum Sports Bar & Grill ▪ Cool River Sports Grill ▪ Dairy Queen East ▪ Dillion's—Ledgeview Lanes (2) ▪ Eden Café and Eden Grill in Taycheedah ▪ Fat Joe's ▪ Friar Tuck's ▪ Gille's Frozen Custard Drive-In ▪ Gino's Italian Restaurant ▪ Green Dragon Brewpub ▪ Mancino's (2) ▪ Oak Central ▪ Philly's on 4th (2) ▪ Philly's on the Miracle Mile (2) ▪ Pioneer Pit Stop ▪ Pump & Pantry ▪ Red Cabin at Green Acres ▪ Rolling Meadows Family Restaurant (2) ▪ Salty's Seafood & Spirits ▪ Schmitt's Bar & Grill (2) ▪ Schreiner's Restaurant ▪ Sebastian's Steak House ▪ Sombrero's ▪ Subway ▪ Sunset on the Water ▪ Taco Johns ▪ Tuckers (2) ▪ Urban Fuel ▪ The Welsch (2) ▪ Wendt's On the Lake

**SPECIAL THANKS to GRANDE CHEESE**

*for their generous contribution toward the printing of this year's book.*



## RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER  
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

*Royal Rummy is Back!*

**Semi-annual meeting**

**Friday, January 15**

Meeting at 12:45 p.m.; Rummy at 1:00 p.m.

Register by Monday, January 11



*Valentine Breakfast  
Celebration*

**Monday, February 15; 10:00 a.m.**  
Schreiner's Restaurant

Register by Friday, February 5 at the front desk.

# Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

## BINGO

50¢ for 2 cards

**Tuesdays at 1:00 p.m.**

*Thanks to our Bingo Sponsors who provide prizes, treats, and caller.*

1st Tuesday (odd months): FDL Lutheran Home

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): TBA

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): TBA

5th Tuesday: TBA

## BOOK CLUB

**3rd Monday at 9:30 a.m.**

**Jan. 18** *The All Girl Filling Station's Last Reunion*  
by Fannie Flagg

**Book synopses available at front desk.**

## BRIDGE

\$1 donation

**Tuesdays: 12:30 p.m.**

*For information or to play, call Arlene Love at 922-5668.*

**Thursdays: 10:00 Beginners**  
(subs needed)

**Thursdays: 12:30 p.m. Advanced**  
*For information or to play, call Judy Rupp at 920-477-3021.*

## CANASTA

**1st, 3rd & 5th Wednesdays at 12:00 p.m.**

## CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

## COIN CLUB

**2nd Tuesday at 6:00 p.m.**

## EUCHRE

**Mondays at 1:00 p.m.**

## DANCES

\$4.00 donation

**Wednesdays at 7:30–9:30 p.m.**

**Call MaryAnn at 920-960-5850 for info.**

## GERMAN CLUB

**Mondays at 1:00 p.m.**

## HAND & FOOT (Card Game)

**Wednesdays at Noon**

## HANDCHIME CHOIR

**Wednesdays & Thursdays at 9:00 a.m.**

## MODEL RAILROAD

## HOBBYISTS

**2nd Sunday at 6:00 p.m.**

## POKER

**Mondays at 1:00 p.m.**

## POOL

Open Pool daily

Leagues

8-Ball Tuesdays

9-Ball Weds.

## QUILTING

*Flying Geese Quilting Club*

**1st Thursday at 1 p.m.**

*Call Nancy at 923-4494 for information.*

*Sunset Stitchers Quilt Guild*

**2nd Thursday at 7:00 p.m.**

*Call Laura at 923-1693 for information.*

## RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

## ROMEOS

*All men are welcome to join the "Retired Old Men Eating Out" for lunch... You don't have to be retired (or old) to join in on the camaraderie and fun!*

**Thursday, January 7 at Faros**  
**Call the Center to pre-register!**

## SCAMP (Senior Center Band)

**Wednesdays at 8:30 a.m.**

## SCRAPBOOK CLUB

**First three Thursdays at 10:00 a.m.**

## Char-tastic Crafters

**1st & 3rd Thursday from 6–8 p.m.**

## SHEEPSHEAD

\$1.50

**Mondays at 1:15 p.m.**

*Jack of Diamonds*

**Wednesdays and Fridays at 1:15 p.m.**

*Black Queens*

## SKAT

**Tuesdays at 8:00 a.m.**

## STITCHERY

**Tuesdays at 1 p.m.**

## SUPPER CLUB

**Dutch Treat. Everyone welcome!**

**You MUST call the Senior Center if attending.**

**Saturday, January 16**

**Gino's**

**Social: 5:00 p.m.; Dinner: 5:30 p.m.**

## TOPS (Take Off Pounds Sensibly)

**Chapter #0566**

**Thursdays at 6:00 p.m.**

## Wii BOWLING

Open Bowling by request—call to reserve day

**Fridays at 12:30 and 1:45 p.m.**

League Play (September–April)

Subs also needed for league play

## WINNEBAGO WOODWORKERS

**2nd Tuesday from 6:00–8:00 p.m.**

General meeting held at the FDL Senior Center

**Other Tuesdays from 6:00–8:00 p.m.**

Workshop meetings at Horace Mann High

School, North Fond du Lac.

*Call Dave Jackson at 923-5233 for more info.*

## WOODCARVERS GROUP

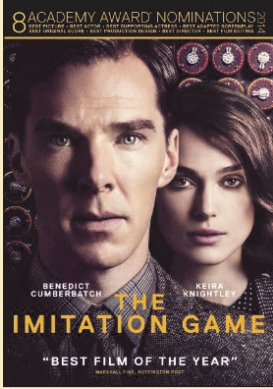
**Mondays at 9:00 a.m.**

## WRITERS GROUP

**Fridays at 1:00 p.m.**

*The Memories Writers meet to share and preserve life experiences and family history. New members welcome!*





## “The Imitation Game”

**Wednesday, January 13 and Wednesday, January 20**

**11:45 a.m. Lunch (optional); 12:30 p.m. Movie**

**January 13 Menu:** BBQ pork cutlet, baby red potatoes, western corn, chocolate raspberry torte, applesauce, sliced bread

**January 20 Menu:** Chicken breast, mashed potatoes, mixed vegetables, fruited gelatin, fudge brownie, sliced bread

*2014 movie; biography; 1 hr 54 mins; PG-13; Starring: Benedict Cumberbatch and Keira Knightley*

Based on the real life story of legendary cryptanalyst Alan Turing, the film portrays the nail-biting race against time by Turing and his brilliant team of code-breakers at Britain's top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II.

**Register for lunch and movie separately.** Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. ***If you register to attend but are unable to come, please call to let us know.***

***Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.***

## Interested in trying Tai Chi? Now you can try it for free!

**Monday, January 18; 6:30-7:30 p.m.**



Tai Chi has value in treating or preventing many health problems. Instructor Michael Frickie, is giving people new to Tai Chi a chance to attend a class at no charge on Monday, January 18 from 6:30-7:30 p.m.

We will now offer two Tai Chi sessions, one on Tuesday mornings and one Monday evenings.

- **Tuesday mornings 9-10 a.m.**  
Next 8-week session begins February 9
- **Monday evenings 6:30-7:30 p.m.**  
Next 8-week session begins January 25

The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, call 322-3630.

## CHAIR EXERCISE CLASSES



### LOW IMPACT CHAIR EXERCISE

*With Sarah Olson*

**Mondays 9:00–9:30 a.m.**

### CHAIR EXERCISE VIDEO

**Wednesdays 9:45–10:15 a.m.**

*Men & Women Welcome!*

## OTHER EXERCISE

### Hikers

Tuesday & Thursday 10 a.m.

### Line Dancing

Thursdays 6—7:30 p.m.

\$10/ 4 weeks

### Beginning Line Dancing

Saturdays 10:00—11:30 a.m.

\$7.50/ 3 weeks

### Water Exercise

Daily 8 a.m.

at the Aquatic Center, \$3.75 per session or \$60 for a 20x punch card.



## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by: Harbor Haven

**Friday, January 8; 9—10 a.m.** *2nd Friday of the month*

No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

**Friday, January 8; 9—10 a.m.** *2nd Friday of the month*

No appointment needed. 12-hour fast required. Donations accepted.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Watch newsletter for upcoming dates**

FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment. Donations accepted.

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

**Tuesday, May 10; from 8:30—11 a.m.**

*2nd Tuesday in May & November*

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

### FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

**Thursday, January 4, 21, 28**

Call 322-3630 for an appointment.

### MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

**Renee Waters**, Certified Massage Therapist & Naturopath;  
Owner of Country Doctor

**Tuesday, January 26; 10 a.m.—2 p.m.**

*Usually 4th Tuesday of the month*

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, May 10; from 8:30 — 11 a.m.**

*2nd Tuesday in May & November* Cost: \$45. Call 322-3630 for appointment.

## SUPPORT GROUPS

### ALZHEIMER'S SUPPORT GROUP

**Thursday, January 28; 6:30—8:00 p.m.** *(4th Thursday)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

### DIABETIC SUPPORT GROUP

**Tuesday, January 19; 4:00—5:00 p.m.** *(3rd Tuesday)*

Aurora Health Care Center, 210 American Dr. ~ American Room

### PARKINSON'S SUPPORT GROUP

**Monday, January 11; 10:00—11:00 a.m.** *(2nd Monday)*

Aurora Health Care Center, 210 American Drive ~ American Room

### PROSTATE CANCER SUPPORT GROUP

**Tuesday, January 12; 8:30 a.m.** *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.





## Cardio Drumming

*beginning*

**Monday, January 4**

**3:00-4:00 p.m.**

**8 classes for \$24**

Cardio drumming brings the fun back into fitness! Drumming classes provide effective workouts for every fitness level. Pounding drumsticks on exercise balls and clinking them overhead to music releases stress and is a great full-body workout.

One of the best reason to drum is that anyone can do it...there is no wrong or right way to drum. Just come and have fun!

**Purchase a punch card good for 8 classes for only \$24.**

## Group Discussion with Becky

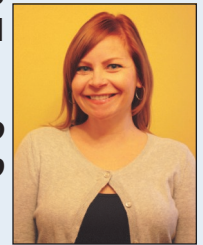
***"Surviving Winter Depression"***

**Tuesday, January 19; 3:15 p.m.**



Come and join this month's discussion group facilitated by Becky Parman Knoll, Mental Health Counselor with Lutheran Social Services.

Our topic will be ***"Surviving Winter Depression"***. With shorter days and colder temperatures, many of us start feeling the winter blues. Fortunately, there are things you can do to prevent and treat winter depression.



***For more information or to register for this group discussion, call 322-3630.***



## SUPPORT THE SENIOR OUTREACH PROGRAM'S HEART TREE

Help support the Senior Outreach Program and honor a loved one with a donation to the Heart Tree. A beautiful, glass spun ornament will be hung on our cherry blossom tree in memory of your loved ones.

***See page 5 for more details and order form.***

***Walking to Graceland? Yep, we are! Dust off your blue suede shoes and watch future newsletters for details.***



# Senior Outreach Program

*Reaching Out – Touching Lives*

## Community Cares

Volunteers will visit

**St. Francis Home,  
33 Everett Street,  
Tuesday, January 26,  
2016 from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with

residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.**

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.



## Senior Outreach Program

Outreach volunteers will meet on **Thursday, January 7 at 9:00 a.m.** in room 4 to provide each other support, address any concerns and share success stories.

At **10:00 a.m.** Jan Padron from **A Place for Mom** will be discussing **signs of aging and how to link your friend to appropriate resources.**



**The Senior Outreach Program is funded in part by:**


Friends of the Fond du Lac Senior Center

Fond du Lac County Department of Community Programs

Fond du Lac Area United Way; Fond du Lac Area Foundation

# January



Monday	Tuesday	Wednesday	Thursday	Friday
<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served <b>Monday—Friday</b> at <b>11:45 a.m.</b>, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: <a href="http://fdlseniorcenter.com">fdlseniorcenter.com</a></div> <div><div>Senior Dining</div><div>Fellowship, Food &amp; Fun</div></div>				
<div>4</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>3:00 Cardio Drumming</div>	<div>5</div> <div>8:30 Pool League 8 Ball</div> <div>9:00 Tai Chi</div> <div>8:00 Skat</div> <div>9:00 AARP Board Meeting</div> <div>9:00 Hiking</div> <div>10:00 Acrylic &amp; Oil Painting Class</div> <div>12:30 Bridge</div> <div>1:00 Bingo sponsored by Lutheran Homes and Health Services</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing &amp; Watercolor Class</div> <div>3:00 Mixed Media Art Class</div> <div>6:00 Winnebago Woodworkers at Horace Mann High School</div> <div>6:30 Senior Dining-Sebastians Social at 5:30</div>	<div>6</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>9:45 Video Chair Exercise</div> <div>12:00 Hand &amp; Foot</div> <div>12:00 Canasta</div> <div>1:15 Sheephead</div> <div>7:30 Wed Night Dance</div>	<div>7</div> <div>9:00 Hand Chimes</div> <div>9:00 Senior Outreach Meeting</div> <div>9:00 Hiking</div> <div>10:00 Scrapbooking</div> <div>10:00 Beginning Bridge</div> <div>12:00 ROMEO'S—Faro's</div> <div>12:30 Bridge</div> <div>1:00 Tech Tyne</div> <div>1:00 Flying Geese Quilters</div> <div>1:00 Friends Board Meet and Greet</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:00 Chartastics Scrapbook</div>	<div>8</div> <div>9:00 Health Screenings</div> <div>10:00 Red Hat Chorus</div> <div>12:30 Wii Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:00 Beginning/Recreational</div> <div>1:00 Sheephead Meeting</div> <div>1:15 Sheephead</div> <div>9:00 Saturday</div> <div>10:00 Beg. Country Line Dance</div> <div>10:00 Sunday</div> <div>6:00 Model Railroad</div>
<div>1</div> <div>OFFSITE SUPPORT GROUPS</div> <div>1/11 10:00 Parkinson's Support Group- Aurora Health Care</div> <div>1/12 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</div> <div>1/19 4:00 Diabetic Support Group at Aurora Health Care Center</div> <div>** All Orange Events are held Offsite</div>				<div>closed</div> <div>2 Saturday</div> <div>3 Sunday</div>
<div>13</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>9:45 Video Chair Exercise</div>				<div>14</div> <div>9:00 Hand Chimes</div> <div>9:00 Foot Care</div> <div>9:00 Hiking</div> <div>10:00 Scrapbooking</div>
<div>11</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div>				<div>15</div> <div>10:00 Red Hat Chorus</div> <div>12:30 Wii Bowling</div>



<p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>16 Saturday</u></p> <p><b>Gift Shop open 10-2</b></p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club—Gino's</p> <p>Social 5:00, Dinner 5:30</p> <p><u>17 Sunday</u></p>	<p>12:00 Hand &amp; Foot</p> <p><b>12:30 Movie "The Imitation Game"</b></p> <p>1:15 Sheepshhead</p> <p>7:30 Wed Night Dance</p>	<p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p> <p>Happy Travelers Trip-Fireside Theatre "Legends in Concert"</p>	<p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>16 Saturday</u></p> <p><b>Gift Shop open 10-2</b></p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club—Gino's</p> <p>Social 5:00, Dinner 5:30</p> <p><u>17 Sunday</u></p>
<p>1:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>9:30 Book Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshhead</p> <p>3:00 Cardio Drumming</p> <p>6:30 Beginning Tai Chi</p>	<p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>8:00 Skat</p> <p><b>9:00 Hiking</b></p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>12:30 Bridge</p> <p>1:00 Bingo sponsored by ResCare Home Care</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp;Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p><b>3:15 Group Discussion with Becky</b></p> <p><b>Surviving Winter Depression</b></p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p><b>6:30 Senior Dining-Schreiner's Social at 5:30</b></p>	<p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p><b>9:00 Hiking</b></p> <p>10:00 Beginning Bridge</p> <p>10:00 Scrapbooking</p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:30 AARP</p> <p><b>2:00 Friends Annual Meeting</b></p> <p>5:45 TOPS #0566</p> <p>6:00 Chartastics Scrapbook</p> <p>6:00 Country Line Dancing</p>	<p>22</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>23 Saturday</u></p> <p>10:00 Beg. Country Line Dance</p> <p><u>24 Sunday</u></p>
<p>8:00 <b>Newsletter Assembly</b></p> <p>9:00 Low Impact Chair Exercise</p> <p>9:00 Woodcarving Club</p> <p>1:00 Euchre</p> <p>1:00 German Club</p> <p>1:00 Poker</p> <p>1:15 Sheepshhead</p> <p>3:00 Cardio Drumming</p> <p>6:30 Beginning Tai Chi</p>	<p>8:30 Pool League 8 Ball</p> <p>9:00 Tai Chi</p> <p>8:00 Skat</p> <p><b>9:00 Hiking</b></p> <p>10:00 Acrylic &amp; Oil Painting Class</p> <p>10:00 Massage</p> <p>12:30 Bridge</p> <p>1:00 Bingo sponsored by Hospice Advantage</p> <p>1:00 Stitchery Group</p> <p>1:00 Drawing &amp;Watercolor Class</p> <p>3:00 Mixed Media Art Class</p> <p><b>3:00 Community Cares-St. Francis Home</b></p> <p>6:00 Winnebago Woodworkers at Horace Mann High School</p> <p><b>6:30 Senior Dining-Gino's Social at 5:30</b></p>	<p>9:00 Foot Care</p> <p>9:00 Hand Chimes</p> <p><b>9:00 Hiking</b></p> <p>10:00 Beginning Bridge</p> <p><b>1:00 Green Thumb Garden Club's Great Backyard Bird Count</b></p> <p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>1:00 SALT/TRIAD</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>6:30 Alzheimer's Support Group</p> <p>Happy Travelers leave for Hawaii</p>	<p>28</p> <p>9:00 Friends Board</p> <p>10:00 Red Hat Chorus</p> <p>12:30 Wil Bowling</p> <p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>30 Saturday</u></p> <p><u>31 Sunday</u></p>
<p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>16 Saturday</u></p> <p><b>Gift Shop open 10-2</b></p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club—Gino's</p> <p>Social 5:00, Dinner 5:30</p> <p><u>17 Sunday</u></p>	<p>12:00 Hand &amp; Foot</p> <p><b>12:30 Movie "The Imitation Game"</b></p> <p>1:15 Sheepshhead</p> <p>7:30 Wed Night Dance</p>	<p>12:30 Bridge</p> <p>1:00 Tech Tyne</p> <p>5:45 TOPS #0566</p> <p>6:00 Country Line Dancing</p> <p>7:00 Sunset Stitchers</p> <p>Happy Travelers Trip-Fireside Theatre "Legends in Concert"</p>	<p>1:00 Memories Writers Group</p> <p>1:15 Sheepshhead</p> <p><u>16 Saturday</u></p> <p><b>Gift Shop open 10-2</b></p> <p>10:00 Beg. Country Line Dance</p> <p>5:00 Supper Club—Gino's</p> <p>Social 5:00, Dinner 5:30</p> <p><u>17 Sunday</u></p>

# Classes

## WE'VE GOT CLASS! REGISTER NOW!



**MORaine**  
**PARK**  
TECHNICAL COLLEGE



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

**HOW TO REGISTER:** Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!

## MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS/ WEEK	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	---------------	------	---------------	------------	------------	------------

### COMPUTER BASICS 1

**\*Each student is required to bring a jump drive to class**

103-483-30998	M, W	Apr 18, 20, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
---------------	------	----------------------	--------	----------------	---------	-----	--------	---------

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

### COMPUTER BASICS 2

**\*Each student is required to bring a jump drive to class**

103-485-31000	M, W	Apr 27, May 2, 4, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
---------------	------	------------------------	--------	----------------	---------	-----	--------	---------

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

### COMPUTER BASICS 3

**\*Each student is required to bring a jump drive to class**

103-490-31002	M, W	May 9, 11, 16, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
---------------	------	---------------------	--------	----------------	---------	-----	--------	---------

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

### COMPUTER BASICS 4

**\*Each student is required to bring a jump drive to class**

103-491-31003	M, W	May 18, 23, 25, 2016	3 days	9:00 a.m.—Noon	9 hours	TBD	\$4.50	\$36.60
---------------	------	----------------------	--------	----------------	---------	-----	--------	---------

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

### IS AN iPad OR TABLET RIGHT FOR YOU?

103-606-31233	T	April 19, 2016	1 day	9 a.m.—Noon	3 hours	S. Markfort	\$25.90	\$20.55
---------------	---	----------------	-------	-------------	---------	-------------	---------	---------

With so many tablets to choose from, iPad, Kindle Fire and the many other versions of Android devices, it can be difficult to know which one will meet your needs. In this class, we will compare the features of the various brands and determine if a tablet is right for you—and if so, which one.



# Classes

15

## BASIC MICROSOFT EXCEL

103-453-30999	T	April 26, May 3, 10, 2016	3 days	1:00-4:00 p.m.	9 hours	TBD	\$4.50	\$36.60
---------------	---	---------------------------	--------	----------------	---------	-----	--------	---------

Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions onto a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Textbook recommended.

## SETTING UP A FACEBOOK PROFILE

103-678-30909	R	April 28, 2016	1 day	1:00-5:00 p.m.	4 hours	K. Kraft	\$20.55	\$25.90
---------------	---	----------------	-------	----------------	---------	----------	---------	---------

Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

## CONNECTING ON FACEBOOK

103-679-30917	R	May 12, 2016	1 day	8:00 a.m.—Noon	4 hours	M. Aleithe	\$20.55	\$25.90
---------------	---	--------------	-------	----------------	---------	------------	---------	---------

Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.

**NOTE: Because the Senior Center's computer lab is used for tax preparation, we are unable to schedule MPTC classes during that time. Computer Basic and other classes will be offered at Moraine Park's Fond du Lac Campus. Call 922-8611 for class schedules.**

# Art & Recreation Classes

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
<b>Acrylic &amp; Oil Painting</b>	Tuesdays	10—noon	4	\$16
January 5, 12, 19, 26; February 2, 9, 16, 23				
<b>Drawing &amp; Watercolor</b>	Tuesdays	1-3 p.m.	4	\$16
January 5, 12, 19, 26; February 2, 9, 16, 23				
<b>Mixed Media</b>	Tuesdays	3-4:30 p.m.	4	\$16
January 5, 12, 19, 26; February 2, 9, 16, 23				
<b>Country Line Dancing</b>	Thursdays	6—7:30 pm	4	\$10
January 7, 14, 21, 28; February 4, 11, 18, 25				
<b>Beg. Country Line Dancing</b>	Saturdays	10:00—11:30 am	3	\$7.50
January 9, 16, 23; February 6, 13, 20				
<b>Open Sewing Lab</b>	Wednesdays	3:30—6:30 p.m.	5	\$15
Watch newsletter for next session coming spring 2016				
<b>Singing</b>	Tuesdays	10-11 a.m.	6	\$25
February 2, 9, 16, 23, March 1, 8				



Keep up with Senior Center news and activities, like us on Facebook!



Join us for the . . .



## Newlywed Game

Friday, February 12

**8:30—9:30 a.m.**

### Health Screenings

- Blood Pressure by Heartland Hospice
- Blood Sugar (fast required) by Lutheran Homes & Health Services

### Health Info Booths

Visit with representatives from the following:

- \*ADRC
- \*All About Life
- \*Generations Home and Hospice
- \*Rehab Arisces
- \*Lincoln House
- \*Lakeview Place
- \*A Place for Mom
- \*Lutheran Homes & Health Services
- \*Harbor Haven

### Fun Loving Couples Needed

as contestants at our  
Not So Newlywed Game.

If interested,  
contact Sarah  
at 322-3641.

**Door Prizes, Handouts, Refreshments, Lots of Fun!**

For planning purposes, call 322-3630 to pre-register.

**9:30—10:30 a.m. GAME SHOW:**

### **"The Not-So-Newlywed Game"**

We had so much fun at last year's game, we decided to do it again! We are recruiting four couples to play the game everyone remembers. If you would like to be a contestant couple, give Sarah a call at 322-3641. Join our host Bryan Johnson as we find out how well these couples really know each other. This wellness activity will be a lot of laughs and you don't want to miss out. You must pre-register by calling 322-3630.



# Programs & Activities

## Calling all Clowns

The Senior Center is looking for people interested in clowning around and spreading laughter at local nursing homes. In order to form a clown group, we need a leader. If you are interested in leading or joining a clown group, contact Sarah at 322-3641.

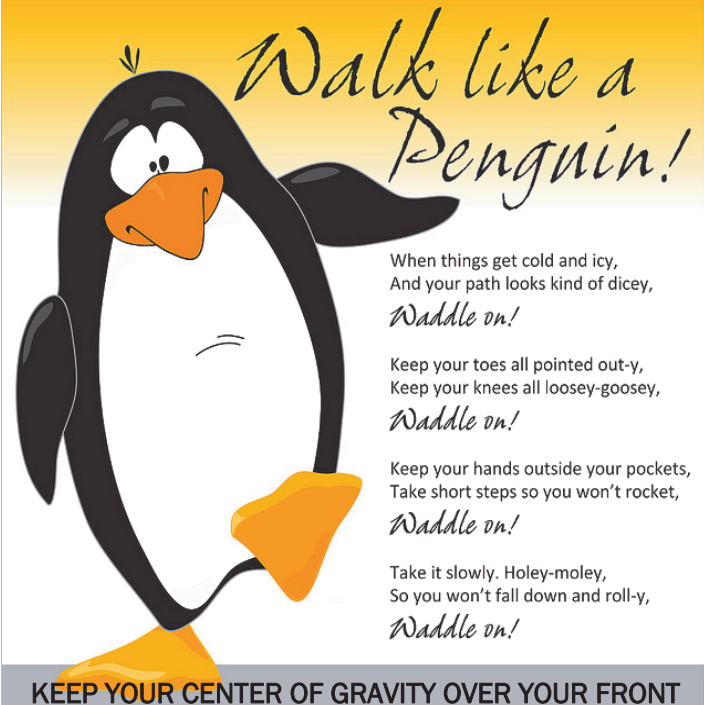


## Senior Center Hikers Make Donation to Lakeside Park Holiday Lights Campaign

Members of the Center's hikers group recently made a donation to the Lakeside Park Holiday Lights Campaign. The group enjoys walking in the beautiful park and decided to make a donation. Kevin Schultz from the City of FDL is shown with the group and their plaque.



## How to Safely Walk on Ice:





## SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



**January 5** Sebastian's  
**January 12** Green Dragon  
**January 19** Schreiner's  
**January 26** Gino's

**A GREAT OPPORTUNITY TO SOCIALIZE  
 & MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

## Senior Dining



Fellowship, Food & Fun

**January 2016**

## Fond du Lac County Senior Dining

***The Senior Center is now serving meals on Fridays. Come join us for lunch!***

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m.

**Complete menus are available at the front desk or our website: [fdlseniorcenter.com](http://fdlseniorcenter.com) and click on Services.**

- Friday, January 1: No meal
- Monday, January 4: Roast Pork Loin
- Tuesday, January 5: Lasagna Casserole
- Wednesday, January 6: Country Fried Steak
- Thursday, January 7: Chicken Cacciatore
- Friday, January 8: Swedish Meatballs
- Monday, January 11: Beef Stew
- Tuesday, January 12: Baked Chicken
- Wednesday, January 13: BBQ Pork Cutlet
- Thursday, January 14: Chicken Chow Mein
- Friday, January 15: Smoked Sausage
- Monday, January 18: Chopped Steak in Burgundy Mushroom Sauce
- Tuesday, January 19: Cranberry Kraut Meatballs
- Wednesday, January 20: Chicken Breast
- Thursday, January 21: Liver and Onions
- Friday, January 22: Swiss Steak
- Monday, January 25: Mushroom Pork Cutlet
- Tuesday, January 26: Meatloaf
- Wednesday, January 27: Baked Chicken
- Thursday, January 28: Bratwurst on a Bun
- Friday, January 29: Chicken Marsala

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season. **Call 322-3630 beginning Monday, January 25 for appointment**
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

**WE  
ARE  
HERE  
TO  
HELP**

# Happy Travelers

**Be a Happy Traveler... *We're going places!***



**Mary Schneider**, Travel Coordinator      **Call 322-3635**

Friends membership is required to travel with the Happy Travelers.  
Membership is \$10 for a single and \$15 for a couple.

**Reminders:**

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.
- Bus driver tip is included in the price of day trips.



From **\$4,099** air & cruise.

## HOLLAND AND BELGIUM WATERWAYS TULIP TIME RIVER CRUISE

**March 26—April 3, 2016**

Explore the amazing countryside and waterways of Holland and Belgium by cruising through the extensive network of rivers and canals throughout the country. Glide past infinite tulip fields and enjoy picturesque towns and scenery as you travel through Holland and into Belgium.

Highlights include: \* Excursions in Amsterdam \* Ghent  
\* Antwerp \* Tour of Keukenhof Gardens

## WASHINGTON, DC

*with Diamond Tours*

**April 21—28, 2016**

Two-day guided tour of Washington, DC featuring the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monument tour. Guided tour of Monticello home and grounds.



**\$739** Double  
8 Days—7 Nights



**\$299** Double  
3 Days—2 Nights

## CHICAGO GUIDED TOUR OF THE CITY

*Diamond Tour*

**May 17—19, 2016**

Visit 360 Chicago, formerly the John Hancock observatory, for breathtaking views of the city, lakefront and four neighboring states; Navy Pier; Chicago's Money Museum; relax aboard an architectural cruise on the Chicago River; and much more!



# Happy Travelers

21

**Be a Happy Traveler... *We're going places!***



Join Happy Traveler's  
for these upcoming  
casino trips!

## North Star Casino

Thursday, February 18

8:30 a.m.—6:30 p.m.

\$59

Dinner at Jim and Linda's IN



## Oneida Casino

Thursday, March 10

10:00 a.m.—6:30 p.m.

\$59 Dinner at Schwarz's IN

## Cheese Heads "A Taste of Wisconsin"

Wednesday, April 13

7:30 a.m.—6:00 p.m.; \$65 IN

*Come along for these tasty  
made-in-Wisconsin tours!*

\* Alp & Dell Cheese Factory

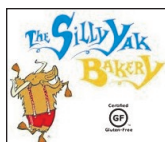
Monore, WI

\* Minhas Brewery

Monore, WI

\* Silly Yak Bakery (Gluten-free)

Madison, WI



## Band Of Royal Marines

Pipes, Drums & Highland

Dancers of Scots Guards

Appleton PAC

Monday, February 8

4:00—10:30 p.m.

\$46 Dinner at Victoria's DT

Enjoy a unique evening with stunning synchronized movement, lively drums, and haunting pipe music. The Band of the Royal Marines is one of the most versatile military bands playing everything from orchestral to dance band music.



## Chicago Flower Show

Friday, March 18

8:00 a.m.—9:00 p.m.

\$65 DT

Leave winter behind and come to the beautiful Chicago Flower & Garden Show. Experience more than 20 life-size gardens, daily seminars, workshops, DIY projects and much more. A perfect way to get inspired for your own gardens!

Enjoy lunch on your own at one of the many restaurants on Navy Pier.

## Fasching Dinner & Show

Dorf Kapelle Band

Johnsonville

Sunday, February 14; 10:00 a.m.—4:30 p.m.

\$65 German meal IN

Join us for a fun day filled with traditional German cuisine and music provided by the Dorf Kapelle Band, some of the best musicians in Wisconsin!



***Lederhosen not required!***

## Motown the Musical

Appleton PAC

Thursday, April 7

6:00 p.m.—11:00 p.m.

Two Tier Pricing: \$72 & \$86 No meal

Motown the Musical is a celebration of music! It's the story of Motown's founder Berry Gordy who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Filled with classic songs including: "My Girl," "What's Going On," "Dancing in the Street," "I Heard it through the Grape Vine" and dozens more.



# Announcements

Thank you Thrivent Financial for your \$500 matching gift to our membership drive fundraiser.



*"You can't help getting older, but you don't have to get old."*

- George Burns

**FloorQuest**  
Your Flooring & Cabinetry Destination

We would like to thank FloorQuest for their generous donation of the Timberlake cabinetry to our gift shop. It's a perfect fit and addition to our new store.

## TRIAD/SALT MEETING

*(Seniors and Law Enforcement Together)*

Thursday, January 28.

1:00 p.m.

Speaker: Judy Goldsmith

Topic: "The Humanity Project of Fond du Lac: Telling the Untold Story"

TRIAD meetings are held every other month at the Fond du Lac Senior Center. Meeting have a focus on public safety with a presence from the Fond du Lac police or fire department, a guest speaker, and roundtable discussion of community issues of concerns to seniors. Meeting are free to attend and open to the public—all ages welcome. Check out the TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.

## Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

## "Let it Snow" Senior Snow Ball Dance

Presented by the Fond du Lac YMCA  
Saturday, January 23  
5:00—10:00 p.m.  
Lakeside Park Pavilion

Seniors are invited to attend this special event featuring an evening of dancing to a DJ playing your favorite songs. Enjoy a champagne toast at 6 p.m. to start the New Year. Guests are invited to wear formal attire if desired, and bring an appetizer to share along with their own favorite beverage if you wish. Coffee, hot chocolate, and water will be provided.

Tickets are \$10 and can be purchased at the Fond du Lac YMCA or at the door.



North Fond du Lac

Knights of Columbus Raffle

Lots of prizes including a Harley Davidson and cash!

Tickets are \$5 each and must be purchased before Friday, April 15.

Drawing held Friday, April 29.

See Bob Katzfey for tickets.

## COMPLIMENTARY TICKETS

The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.





# 2016 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS	APT #
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

## CHOICE OF SUPPORT:

☐ **\$10.00 Single**   ☐ **\$15.00 Couple** (same address)

☐ **\$\_\_\_\_\_ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give \$25 or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2016 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2016 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2016 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.

PLEASE CHECK:   ☐ Yes, you CAN include my name when listing publicity.   ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership can be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues CAN be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT \_\_\_\_\_ CHECK # \_\_\_\_\_ Receipt Given \_\_\_\_\_

☐ NEW 2016 Member   ☐ Renewal   Receptionist Initials \_\_\_\_\_

☐ FANTASTIC FRIENDS \$50   ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership   ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

January 2016 Newsletter

\_\_\_\_\_ Card File

\_\_\_\_\_ Computer



## Fond du Lac Senior Center

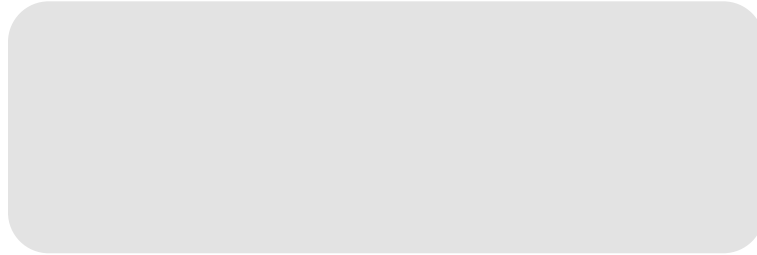
151 E. First Street  
Fond du Lac, WI 54935

NON PROFIT ORG  
U.S. POSTAGE

**PAID**

FOND DU LAC, WIS  
PERMIT NO. 129

ADDRESS SERVICE  
REQUESTED



## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

Cathy Loomans 322-3630  
cloomans@fdl.wi.gov

#### TRAVEL COORDINATOR

Mary Schneider 322-3635

#### BOOKKEEPER

Pat Heyer 322-3639

#### OFFICE ASSISTANT

Katie Fischer 322-3636

#### PROGRAM COORDINATOR

Sarah Olson 322-3641

#### MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

#### OUTREACH/WEELLNESS COORDINATOR

Sarah Olson 322-3641

#### GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

### FRIENDS BOARD OF DIRECTORS

Kate Barr  
Joanne Bunkelman  
Jerry Gordon  
Robert Katzfey  
Mary Kind  
Vickie Michels  
Charlotte Nelson  
Wally Seibel  
Judi Walters

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin  
Association of  
Senior  
Centers



### SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman  
Barbara Lukas, Chair  
City Council Pres. Lee Ann Lorrigan  
Charlotte Nelson  
Ross Purcell  
Dave Redman  
John Silah  
Ruth Smith

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

### VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY